

## CLAIMS

What is claimed is:

1. A method of manufacturing a peanut powder composition comprised of the steps of:
  - providing roasted peanuts;
  - grinding the roasted peanuts into a peanut paste;
  - pressing the peanut paste to remove some or all peanut oil to form a peanut cake;
  - pulverizing the peanut cake to form a peanut powder; and
  - blending the peanut powder with one or more other ingredients to form a peanut powder composition comprised of at least 35% peanut powder by weight.
2. A method of manufacturing a peanut powder composition comprised of the steps of:
  - providing a peanut powder; and
  - blending the peanut powder with one or more other ingredients to form a peanut powder composition comprised of at least 35% peanut powder by weight.
3. A peanut powder composition comprised of 40% to 85% peanut powder by weight.
4. A peanut powder composition comprised of:
  - 50% to 75% peanut powder by weight;
  - 15% to 25% fructose by weight;
  - 6% to 10% sugar by weight; and
  - 2% to 6% dextrose by weight.
5. The composition of claim 4, further comprising 2% to 6% cocoa powder by weight.

6. The composition of claim 5, further comprising 0.25 % to 1.75% salt by weight.
7. The composition of claim 4, further comprising 0.25 % to 1.75% salt by weight.
8. A peanut powder composition comprised of:  
40% to 85% peanut powder by weight;  
0% to 25% fructose by weight;  
0% to 10% sugar by weight;  
0% to 6% dextrose by weight;  
2% to 6% cocoa; and  
0.25% to 1.75% salt.
9. The composition of claim 4, wherein the peanut powder is comprised of not more than 10% fat by weight.
10. The composition of claim 4, wherein the peanut powder is comprised of 10% to 40% fat by weight.
11. The composition of claim 6, further comprised of one or more added vitamins.
12. The composition of claim 6, further comprised of one or more added minerals.
13. The composition of claim 6, further comprised of one or more added herbs.
14. The composition of claim 6, further comprised of one or more added amino acids.

**15.** The composition of claim 6, further comprised of one or more added ingredients that assist in or enhance weight loss.

**16.** The composition of claim 7, further comprised of 0.05 to 4% vanilla flavor by weight.

**17.** A beverage composition comprised of 9 to 38 grams of the peanut powder composition of claim 3 blended in at least 6 ounces of a consumable liquid.

**18.** The beverage composition of claim 17, wherein the consumable liquid is skim milk, reduced fat milk, whole milk, soya milk, or carbonated water.

**19.** The beverage composition of claim 17, wherein the consumable liquid is comprised of 0.1 to 2 ounces of a consumable liquor.

**20.** A beverage composition comprised of 9 to 38 grams of the peanut powder composition of claim 6 blended in at least 6 ounces of a consumable liquid.

**21.** The beverage composition of claim 20, wherein the consumable liquid is skim milk, reduced fat milk, whole milk, soya milk, or carbonated water.

**22.** The beverage composition of claim 20, wherein the consumable liquid is comprised of 0.1 to 2 ounces of a consumable liquor.

**23.** A food composition comprised of:  
2% to 30% by weight of the peanut powder composition of claim 3; and  
70% to 98% by weight of ice cream base mix.

**24.** The food composition of claim 23, further comprised of up to 15% by weight of essence of roasted peanut oil.

**25.** A food composition comprised of:  
2% to 30% by weight of the peanut powder composition of claim 6; and  
70% to 98% by weight of ice cream base mix.

**26.** The food composition of claim 26, further comprised of up to 15% by weight of essence of roasted peanut oil.